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A True and Exact

ACCOUNT

OF

1716.9

Sadlers Well:

OR

The New Mineral-Waters

Lately found out at

ISLINGTON;

Treating of its Nature and Virtues.

Together with an Enumeration of the Chiefest Diseases which it is good for, and against which it may be used, and the Manner and Order of Taking of it.

Published for publick good by *T. G.* Doctor of Physick.

LONDON,

Printed for *Thomas Malbon* at the Sun in the Poultry

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OF

Sadlers Well:

OR

The New Mineral-Waters

AT

ISLINGTON:

BRITISH MUSEUM

LONDON,

Printed for Thomas Malthus at the Sun in the

An exact Account of the new Well lately found out at *Islington*.

THe New Well at *Islington* is a certain Spring in the middle of a Garden, belonging to the Musick House, Built by Mr.---*Sadler*, on the North-side of the Great Cistern that receives the New River Water near *Islington*, the Water whereof was before the Reformation, very much famed for several extraordinary Cures performed thereby, and was thereupon accounted sacred, and called *Holy-Well*. The Priests belonging to the Priory of *Clarken-well* using to attend there, made the People believe that the vertues of the Waters proceeded from the efficacy of their Prayers. But upon the Reformation the Well was stopt up, upon a supposition that the frequenting it was altogether Superstitious, and so by degrees it grew out of remembrance, and was wholly lost until found out, and the Fame of it revived again by the following accident.

Mr. *Sadler* being made Surveyor of the High Ways, and having good Gravel in his own Garden, employed two Men to Dig there, and when they had Dug, pretty deep, one of them found his Pickax strike upon some thing that was very hard; whereupon he

indeavoured to break it, but could not; whereupon thinking with himself that it might peradventure be some Treasure hid there, he uncovered it very carefully, and found it to be a Broad Flat Stone; which having loosened and lifted up, he saw it was supported by four Oaken Posts, and had under it a large Well of Stone Arched over, and curiously carved; and having viewed it, he called his fellow Labourer to see it likewise, and asked him whether they should fetch Mr. *Sadler* and shew it him? Who having no kindness for *Sadler* said, no; he should not know of it, but as they had found it, so they would stop it up again, and take no notice of it; which he that found it consented to at first, but after a little time he found himself (whether out of Curiosity or for some other reason, I shall not determine) strongly inclined to tell *Sadler* of the Well; which he did one Sabbath Day in the Evening.

Sadler upon this went down to see the Well and observing the Curiosity of the Stone work, that was about it, and fancying within himself that it was a Medicinal Water, formerly had in great esteem, but by some accident or other lost, he took some of it in a Bottle, and carryed it to an Eminent Physician, telling him how the Well was found out, and desiring his Judgment of the Water; who having tasted and tried it, told him it was very strong of a Mineral taste, and advised him to Brew some Beer with it, and carry it to some Persons, to whom he would recommend him; which he did accordingly. And some of those who used to have it of him in Bottles, found so much good by it, that they desired him to bring it in Roundlets. Which was done most part of the last Winter, and continued to have so good an effect upon the Persons that drank it, that at the beginning of this

Summer Dr. *Morton* adviſed ſeveral of his Patients to drink the Water. Which has ſo good an effect upon them, and operates ſo near *Tunbridg* Water, that it has obtained a general approbation. And great numbers of thoſe who uſed to go thither, drink it. There are few Phyſicians in *London*, but have adviſed ſome or other of their Patients to drink it; by which means it is ſo frequented, that there are Five or ſix Hundred People there conſtantly every Morning.

The Water has a kind of Ferruginous Taſte, ſomewhat like *Tunbridge*, but not altogether ſo ſtrong of the Steel. It is no way offenſive or unpleaſant; ſo that a Man may drink more of it than he can poſſibly drink of any other Liquor. It is not yet certainly known what Minerals it runneth through, but is ſuppoſed to partake of ſeveral, and to have more of a Nitrous Sulphur than thoſe of *Tunbridg*, for which reaſon it moves the Perſon who drinks it to ſtool at the firſt taking, & leaves the Body Open & Cool, which the other does not; and where it meets with a very foul Stomach, provokes to vomit.

It appears to be good for the following Diſtempers.

Firſt it effectually opens all Obſtructions, both of the Liver, Spleen and Gall, and that better than any other Phyſick whatſoever; for in regard Obſtructions are generally very ſtubborn, and require a long Courſe of Phyſick to remove them, which is both loathſome, and chargeable to the Patient, 'tis common for people to grow weary of it before the Phyſician have half run through the courſe, which is neceſſary for the removing of them; which is the chief reaſon that ſo many are troubled with *Chronical*, and Lingering Diſeaſes, which are not incurable in their own Nature, but made ſo, either by the Patients not being

able, or willing to undergo such a course of Physick, as is requisite for his Recovery; or else some defect in the Physician. But these Waters being less Chargeable, and after a little use no way troublesome, but the longer they are used, the pleasanter, may be taken in a larger quantity than other Physick, and by that means effectually cure the most obstinate Obstructions, and all other Distempers proceeding therefrom; to wit, the Dropsy, Black and Yellow Jaundice, Swelling of the Spleen, Scurvy, Green Sickness, and other Distempers incident to the Female Sex.

Secondly, It excellently purges and sweetens the Blood, and scowrs and cleanses all the Urinary Passages, which makes it exceeding good for those troubled with Gravel and Stone, either in the Kidneys, Ureters, or Bladder, which it sometimes brings away in great Quantities; and being somewhat of a Restringent, and Healing Faculty, it's very good for inward Ulcers, and those that make bloody Urine.

Thirdly, It's good against all inveterate Dysenteries, or Bloody Fluxes, and extinguishes all inward Inflammations, and hot Distempers.

Fourthly, It is extraordinary good for those who are troubled with Hypochondriacal Melancholy, and makes those who drink it brisk and cheerful.

Fifthly, It procures a good Appetite, and makes those who drink it, extream hungry, so that they can hardly forbear eating till Dinner. But that those Persons who drink them, may not fail of the good they expect from them, they must take heed that they be very careful and regular when they take them, and especially to observe the following Directions.

Go to them early in the morning; for the sooner

they are drank, the better they operate. Beware of walking too faſt, leſt you overheat your ſelf, and if ye find your ſelf hot when you come there, take a turn or two in the Garden, till you are a little cooler, and then drink two Glaſſes, after which walk two or three times round the Garden, then drink a Glaſs or two; walk again as formerly, and ſo continue till you have drank your doſe. You may adventure to drink four or five Glaſſes the firſt morning, and increaſe two every day, till you come to 9 or 10, or more, if you find your Body will bear it. Eat nothing till about twelve or one a clock, and then eat freely of any Freſh Meat; but Roaſt Mutton, or Lamb is beſt.

Thoſe who pleaſe may eat Carraways while they drink the Water, and drink a glaſs of Rheniſh, or White-Wine after them: And it is very convenient for thoſe who ſmoke Tobacco, to take a Pipe or two whileſt their Waters work.

Which Directions being obſerved, you may aſſure your ſelves, by the bleſſing of God, to reap great advantage by the uſe of theſe Waters, if ye continue to drink them for any conſiderable time.

FINIS.